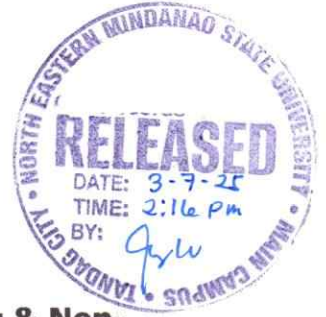




Republic of the Philippines
North Eastern Mindanao State University



MEMORANDUM FROM THE OFFICE OF THE PRESIDENT
 No. 0129, s. 2025

TO : VPAF, VPAA, VPRE, CD (Tandag Campus), DEANS, Teaching & Non-Teaching Personnel

DATE : March 06, 2025

SUBJECT : ATTENDANCE TO THE SERIES OF ACTIVITIES FOR WOMEN'S MONTH CELEBRATION

Greetings of peace and solidarity!

In line with our commitment to promote gender equality and celebrate the strength and contributions of women, you are hereby required to participate in the lined-up activities for Women's Month 2025.

Additionally, the Deans of the respective colleges and the Non-Teaching Personnel are required to submit one (1) entry each for **Spoken Poetry** and **Harana para kay Juana**. These activities serve as a tribute to the women in our community, providing a platform to honor their stories, struggles, and achievements.

Activity	Date	Venue
Wellness Wednesdays: Zumba	March 5, 12, 19, 26, 2025	Admin. Building
Takbo Para Kay Juana: Run for HERstory	March 19, 2025	Admin. Building
"Plant HER Future" 🌱 (Tree Planting by CAS, CITE, and CET)	March 19, 2025	Brgy. Awasian, Tandag Watershed
"SHE Means Business: Women Empowerment Through Entrepreneurship" (CBM)	March 19, 2025	Municipality of Bayabas
"Babae, May Boses Ka: Understanding Women's Rights" (College of Law)	March 31, 2025	Brgy. Rosario, Tandag City
"SHE Cares: Medical Outreach for NEMSU Employees"	To be arranged by the college in-	NEMSU Gymnasium

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(College of Medicine and Birthing Clinic)	charged.	
Spoken Poetry Contest	March 12, 2025	Social Media
Harana Para Kay Juana: Singing Competition	March 31, 2025	NEMSU Gymnasium

Attached herewith are the activity guidelines, mechanics, and committees.

For your guidance and compliance. Padayon sa Pag-ALPAS NEMSU!

For the grassroots and in the spirit of vibrant leadership,


NEMESIO G. LOAYON, PhD
SUC President III



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Event Committee

Spoken Poetry Contest Committee

Chairperson: **Mark Jade G. Burlat**
 Members: Kairos Christine P. Dela Cerna
 Elie Grace Pedrasita

Harana Para Kay Juana Singing Contest Committee

Chairperson: **Dr. Shyla O. Moreno**
 Members: Mr. Steven Carl S. Silagan
 Ms. Kim Mary Narcana
 Mr. Porferio Fraga

Takbo Para Kay Juana Committee

Chairperson: **Chealbert B. Gasis**
 Members: Jhunrey A. Betunio
 HR Personnel
 OCD Staff
 OVPAF Staff
 Medical Team
 NSTP

Wellness Wednesdays: Zumba Committee

Chairperson: **Dr. Mick Mars P. Silvano**
 Members: OP Staff
 PATHFIT

Community Outreach Activities

In-Charge:

"Plant HER Future" :	CAS, CITE, and CET
"SHE Means Business: Women Empowerment Through Entrepreneurship"	CBM
"Babae, May Boses Ka: Understanding Women's Rights"	College of Law
"SHE Cares: Medical Outreach for NEMSU Employees"	College of Medicine and Birthing Clinic



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2025 NATIONAL WOMEN'S MONTH CELEBRATION

"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

<p>March 3</p> <p>KICK-OFF CEREMONY Launching of Women's Month Celebration & Flag Raising</p>	<p>March 5, 12, 19, & 26</p> <p>PURPLE WEDNESDAYS STRENGTH IN MOTION Sports and Recreational Activities every 3PM for NEMSU Employees only</p>
<p>March 12</p> <p>MENTAL HEALTH 101 WEBINAR To be participated by Faculty Members</p>	<p>March 17</p> <p>BASIC WORKPLACE SKILLS Organizing Office Files using Digital Services for Admin Personnel</p>
<p>Community Outreach</p> <ul style="list-style-type: none"> PLANT HER FUTURE (Faculty Members) SHE MEANS BUSINESS: WOMEN EMPOWERMENT THROUGH ENTREPRENEURSHIP (CBM) BABAE, MAY BOSES KA: UNDERSTANDING WOMEN'S RIGHTS (College of Law) SHE CARES: MEDICAL OUTREACH FOR NEMSU EMPLOYEES (College of Medicine and Birthing Clinic) 	<p>March 19</p> <ul style="list-style-type: none"> TAKBO PARA KAY JUANA: RUN FOR HERSTORY SPOKEN POETRY CONTEST
<p>Tag us by using the hashtags: #WEcanbeEquALL #NationalWomensMonth2025 #NEMSUPurpleWednesday upon sharing your photos online.</p> <ul style="list-style-type: none"> NEMSU Human Resource Management Unit nemsu_recruitment@nemsu.edu.ph nemsu.edu.ph 	<p>March 31</p> <ul style="list-style-type: none"> HARANA PARA KAY JUANA: SINGING COMPETITION CULMINATION PROGRAM



2025 NATIONAL WOMEN'S MONTH CELEBRATION

"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 5, 12, 19, & 26 3 PM

WELLNESS WEDNESDAYS
ZUMBA | SPORTS | RECREATIONAL ACTIVITIES

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"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 5, 12, 19, & 26

♥ PURPLE WEDNESDAYS MECHANICS

- Wear Anything Purple. Every employee is encouraged to wear any shade of purple on Wednesdays.
- Capture a photo of yourself wearing purple.
- Post the photo on your personal Facebook account.
- Tag the NEMSU Human Resource Management official Facebook account.
- Caption Your Photo. Create a meaningful and inspiring caption related to Women's Month. Include the following hashtags in your caption:

#WEcanbeEquALL
#NEMSUPurpleWednesday
#NationalWomensMonth2025



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2025 NATIONAL WOMEN'S MONTH CELEBRATION

"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 5, 12, 19, & 26

♥ PURPLE WEDNESDAYS MECHANICS

- **Engagement and Reactions:**
The photo reactions on Facebook will be counted as points.
- ✓ Open to all employees (Teaching and Non-Teaching) NEMSU University-Wide.
- ✓ Each employee is allowed to submit one (1) entry only every Wednesday.
- ✓ All entries must respect workplace and social media etiquette.

1st prize: **Php500.00**
2nd prize: **Php300.00**
3rd prize: **Php200.00**

Consolation:
(10) **Php100.00** each

👍 1 Point

😱 2 Points

❤️ 3 Points

😂 4 Points



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2025 NATIONAL WOMEN'S MONTH CELEBRATION

"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 12-26, 2025

♥ SPOKEN POETRY CONTEST MECHANICS

- ✓ One (1) entry for Teaching Personnel per college.
- ✓ One (1) entry for Non-Teaching Personnel.
- ✓ One (1) entry for Students per college.
- Participants must create a video of their spoken poetry performance with the theme:

**"Babae sa Lahat ng Sektor,
Aangat ang Bukas sa Bagong Pilipinas."**



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2025 NATIONAL WOMEN'S MONTH CELEBRATION

"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 12-26, 2025

♥ SPOKEN POETRY CONTEST MECHANICS

- Video should not exceed 3-5 minutes in duration.
- Ensure good audio and video quality with at least 720p resolution.
- Participants are encouraged to be respectful and mindful of language and themes used in their spoken poetry.
- The video should be uploaded to Facebook with the hashtags:
#WEcanbeEquALL
#NEMSUGADSpokenPoetry2025
#NEMSUCelebratesWomen'sMonth2025
- The video should be tagged with the **NEMSU Human Resource Management Office** Official Facebook Page.



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March 12-26, 2025

♥ SPOKEN POETRY CONTEST MECHANICS

• Engagement and Reactions:

The photo reactions on Facebook will be counted as points.

1 Point

2 Points

3 Points

4 Points

1st prize: **P 1,500.00**
 2nd prize: **P 1,000.00**
 3rd prize: **P 800.00**
 4th prize: **P 500.00**

Consolation:
 (4) **P 300.00** each



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"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas."

March 12-26, 2025

♥ SPOKEN POETRY CONTEST MECHANICS

Judging Criteria

Message/Content	40%
Delivery/Performance	30%
Creativity/Originality	20%
Engagement and Reactions	10%
Total	100%



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“Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas.”



Takbo Para Kay Juana: Run for HERstory

FREE REGISTRATION 3KM | 5KM | 10KM

March 19, 2025

NEMSU Administration Ground

#WEcanbeEquALL
 #NationalWomensMonth2025
 #NEMSURunforHERstory

Open to all NEMSU-Wide Teaching and Non-Teaching Personnel, and NEMSU - Tandag Campus Students.

Inclusions:

- ✓ Post-race refreshments and entertainment.
- ✓ E-certificate
- ✓ Finisher Medal per category for 1st, 2nd, and 3rd placer.

No cash prizes included for this activity.

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Safety and Health Guidelines

- Participants must sign the Consent Form upon registration.
- Participants are advised to wear appropriate running attire and footwear.
- Hydration stations will be available along the route.
- Medical staff and first aid stations will be on-site.
- In case of any health issues during the run, participants should seek immediate assistance from the nearest medical station.

Race Day Mechanics

- **Check-In.** Participants must check in at the registration area at least 30 minutes before the start of the race.
- **Warm-Up.** A group warm-up session will be conducted 15 minutes before the race starts.
- **Start Line.** Participants must line up at the designated start line according to their race category.

 **Takbo Para Kay Juana:
Run for HERstory**



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Race Rules

- Follow the designated route and stay within the marked lanes.
- Respect fellow runners and maintain good sportsmanship.
- Dispose of any waste in designated trash bins along the route.
- Use the provided hydration stations for water and refreshments.

Prizes and Awards

Finisher Medal per category:

- 1st - Gold
- 2nd - Silver
- 3rd - Bronze

Post-Race

- Participants can enjoy post-race refreshments and entertainment at the finish line area.
- Participants must sign the attendance.

 **Takbo Para Kay Juana:**
Run for HERstory



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Takbo Para Kay Juana: Run for HERstory

FREE REGISTRATION 3KM | 5KM | 10KM

📅 **March 19, 2025**

📍 **NEMSU Administration Ground**

Gun Start	Assembly Time	Gun Time	Cut-off Time
10 KM	3:30 AM	4:00 AM	6:30 AM (2.5 hr)
5 KM	4:00 AM	5:00 AM	6:30 AM (1.5 hr)
3 KM	5:00 AM	5:20 AM	6:20 AM (1 hr)

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 #NationalWomensMonth2025
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